Water and Hydration

Your child's setting is taking part in the Startwell programme which is all about promoting healthy lifestyles with children. We are looking at the importance of water and hydration which is linked to our growing theme.

Under 2's

FROZEN VEGETABLE PLAY

Get out a large tray or big bowl and raid your freezer. Add a variety of frozen vegetables for your baby/toddler to explore. Try and ensure there are a variety of colours and textures to make the experience more sensory and fun. Add in a few extra small bowls so your baby/toddler can enjoy transferring them between the bowls. If they are too young to sit, put larger frozen vegetables in front of them on a play mat to encourage them to reach and touch them to develop their neck and stomach muscles.



Remember to always supervise children around small objects which could become hazardous.





BATH PLAY

When baby/toddler is in the bath, try using a bath seat so that they can safely splash (and be splashed!) with their head way above the water. Use funnels, colanders, bottles and cups to pour water on and around your baby/toddler, trickling water up and down their arms to increase awareness of their own body and to encourage visual co-ordination as they track the stream with their eyes. Use a sponge to gently squeeze water onto their face and on top of their head, so that it trickles down across their eyes (no soap in this water, of course!) It is important for young children to get used to having water near their faces and not to panic when it happens, as this helps them later when learning to swim and stay safe in water.

EXPLORING WITH CUPS AND WATER

From 6 months old babies should be introduced to an open cup. Whilst at the table/ high chair or in the garden allow your child/ grandchild to sip water from a cup with support. Make sure you are in an environment that it doesn't matter about spillage. Role model drinking from a cup yourself and show your child how to do it, and make lots of umm noises to show it is nice.

Water and Hydration

Over 2's



SOAKING UP SPONGE FUN

Grab some big sponges and get ready for some wet fun outside. You can toss a wet sponge to one another. You can also jump barefoot on a big soaking wet sponge to make the water come out. You might dip the sponge into a bucket of water and then squeeze it into a second bucket. How much water can you move from one bucket to the other? Activities like these help develop physical skills like hand-eye coordination. As with all water activities, it is critical to supervise children carefully as they play.



FROGS ON A LILY PAD

Cut out big green circles from paper and scatter them across the floor. Suggest that your child/grandchild pretend to be a frog and hop from lily pad to lily pad. Don't forget to "ribbit" together! Games like this build physical skills and coordination while encouraging imagination and creative thinking. It is a great activity to make the heart go 'boom' and get out of breath. Talk to your child about how the body is hot and we need to hydrate it with a drink of water.

Sammy Skills
Developing Fundamental Movement Skills



TEDDY BEARS PICNIC

Find several stuffed animals and set them on a blanket on the floor. Have a "picnic" with plates, pouring jugs, cups, play food etc. You might even make picnic food for a Teddy using play-dough. What are the teddy bears doing at the picnic? What games do they like to play? Activities like this encourage your child/grandchild to use their imagination to create a pretend story. Can your child pour teddy or themselves a cup of water? Let's drink and hydrate our bodies.

Micky me size





WATERING THE GARDEN

All things that we grow will need water. Can your child/ grandchild help you to hydrate them? They could use sponges in a bucket to squeeze water over the fruit/ vegetables/ plants that are growing. Talk about the need for water for us and them.